

Smoky Mustard-Maple Salmon

Rating: ★★★★★

Makes: 4 Servings

It doesn't get much easier — or more delicious — than this ultra-fast salmon. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. When you buy your salmon, ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

Ingredients

- 3 tablespoons** whole-grain or Dijon mustard
- 1 tablespoon** pure maple syrup
- 1/4 teaspoon** smoked paprika or ground chipotle pepper
- 1/4 teaspoon** freshly ground pepper
- 1/8 teaspoon** salt
- 4** 4-oz skinless, center-cut, wild-caught salmon fillets

Directions

1. Preheat oven to 450 degrees.
2. Line a baking sheet with foil and coat with cooking spray.
3. Combine mustard, maple syrup, paprika (or chipotle), pepper, and salt in a small bowl.
4. Place salmon fillets on the prepared baking sheet.
5. Spread the mustard mixture evenly on the salmon.
6. Roast until just cooked through (approx. 8-12 minutes).



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	148	
Total Fat	4 g	6%
Protein	23 g	
Carbohydrates	4 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	276 mg	12%

MyPlate Food Groups

Protein Foods	3 1/2 ounces
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Notes

Quick Tips:

- Smoked paprika is made from smoke-dried, red peppers and adds earthy, smoky flavor. It can be used in many types of savory dishes. Look for different types of paprika at large supermarkets or online.

- Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more stable population.

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